

BOOK REVIEWS

graphs of x-ray films, some photographs of equipment, and graphs.

The work is extremely useful and comprehensive. It is the favorite textbook for our residents and medical students at the University of California, Los Angeles.

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THE PARENTS' MEDICAL MANUAL—Glenn Austin, MD, pediatrician in private practice, Los Altos, CA; with Julia Stone Oliver and John C. Richards. Prentice-Hall, Inc., Publishers, Englewood Cliffs, NJ (07632), 1978. 426 pages, \$15.95 (Cloth), \$8.95 (Paperback).

Glenn Austin, with a wealth of experience in pediatric practice, with two collaborators and an amazing 400 contributors has produced a most helpful and dependable book for parents. Parents should be encouraged to consult this book for many of their problems and responsibilities with their children and to use it as a ready reference.

Dogmatic opinions have been avoided and in many instances contrary views are presented so that parents can decide upon their own point of view.

There is a definite effort to avoid medical jargon—to the extent possible for a medical author. Parents will understand a great deal of the substance of the information and be able to profit. Many such books seem to overshoot the comprehension of many parents. Even those who do not read the book from cover to cover will be able to use it for ready reference.

Dr. Austin urges that pediatric advice should be provided before the birth of the infant, which is sound practice. (He might have counseled about the matter of "routine circumcision.") There are no gross deficiencies—I looked in vain for some reference to masturbation, thought to be so dreadful in some earlier times which parents may remember, although the newspaper columns now are most reassuring on this subject.

I could not agree with each of 400 opinions but the author emphasizes that there are contrary views. (I would not condone repeated smallpox vaccination for genital herpes!)

Physicians can profit from reading this book to help their own advice to parents.

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THE PARENTS' GUIDE TO CHILD RAISING—Editor: Glenn Austin, MD, pediatrician in private practice, Los Altos, California; Associate Editors: Julia Stone Oliver and John C. Richards, MD. Prentice-Hall, Inc., Englewood Cliffs, NJ (07632), 1978. 374 pages, \$15.95 (Hardcover), \$7.95 (Soft cover).

This guide, prepared by Glenn Austin with two collaborators and more than 100 contributing authors, represents a significant departure from the usual format of books on child care designed for parents. The major contribution is the emphasis on encouraging the parent to participate actively in the decision making process and to assume quite properly the responsibility for the day-to-day events and judgments that are required in child raising. In areas where there may be substantial differences of opinion between authorities, conflicting views and differences of opinion by various contributors are clearly outlined, and the parent is thus provided with the opportunity to choose among them for the approach which seems most comfortable at the time.

This volume is divided into nine major sections be-

ginning with a discussion of the problems of parents and continuing through the characteristics of infancy; growth and development; basic training; school and learning problems; and separation, divorce and death.

Subjects covered that are particularly pertinent to our culture today include the interaction of the parents, the single parent family, adoption and alternate birth methods. Detailed instructions concerning breast feeding will be most helpful to many, while bottle feeding is discussed in a manner not likely to cause guilt and anxiety among those unable or unwilling to attempt breast feeding. The sections on understanding behavior and school and learning problems are particularly useful, and will assist parents in avoiding many of the problems frequently encountered.

It is difficult to identify serious omissions or inaccuracies, although I believe most readers would agree that the importance of immunization could have been emphasized in this book. Discussions of adolescence and the health and social problems of older children are not included. Similarly, accidents represent an important problem throughout childhood and have been neglected. The latter is not completely the case, since accidents and poisonings have been considered at length in the companion volume *The Parents' Medical Manual* prepared by the same authors. The importance of nutrition and sound advice in this area is also provided in the other volume.

The book is well written and should be understandable to average parents. The index is useful and the bibliography will be helpful to those interested in exploring particular topics in greater detail. This book can be recommended for parents to read in anticipation of the arrival of their infant, and will be a handy and useful reference to encourage the decision making process throughout infancy and as their child enters the school years.

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HOW TO HAVE INTERCOURSE WITHOUT GETTING SCREWED—Jennifer Wear, MSPH, and King Holmes, MD. Madrona Publishers, Inc., Seattle, Washington, 1976. 184 pages, \$4.95 (Paperback).

This is a delightful book. It is informative, competently written, quite relevant, and scientifically and socially correct. The style is witty and engaging—those who have picked it up off my desk have not put it down until they have completely read it and all smiled when they returned it. It is *not* one of the recent spate of books on "doing it." Rather it seeks to inform about the potential consequences that follow that act and is written for "people who believe ignorance can be self-destructive, and want hard information that is not sugar-coated. It is for people who are sexually active or who think they might like to become sexually active someday—in or out of love, in or out of marriage, with or without children."

So what's "getting screwed"? It's the unwanted side effects of sex. Most of these arise from naive innocence and myth which this book dispels; it begins with male and female reproductive function and anatomy so readers can get a 3-D idea of their bodies and find out how their bodies work. On this foundation, all available methods of contraception are introduced including permanent contraception: vasectomy and tubal ligation. In the event of contraceptive failure or human error, a section on abortion is included. And, advice is given on what to do in regard to medical follow-up after rape.

The last part covers sexually transmitted diseases—from crabs to syphilis.

Jennifer Wear has taught classes in family planning, holds a master's degree in epidemiology from the University of Washington and is now a medical student at the University of California School of Medicine, San Francisco. King Holmes is a professor of medicine at the University of Washington who does research in the field of sexually transmitted diseases.

Look at the style and the attractive way information is presented: "Ever wonder why crabs concentrate in the pubic area? One theory is that crabs like to have intercourse, just like the rest of us. To do it, the male and female crabs have to grasp adjoining hairs two millimeters apart, and the spacing of the hairs is just about right in the pubic area. Crabs cannot jump and they cannot reach very far even when they stand on their tip-toes, so the only way to catch them is for your pubic hair to come within about two millimeters' distance from someone else's pubic hair or from where someone else's pubic hair has recently been. When the crab's tummys are full, they do occasionally drop off into your underpants, sheets, or sleeping bag, and curl up for a little nap . . . if you use a crab victim's clothing, bed, or sleeping bag within a day after he did, you could get screwed even without having intercourse." And then the book goes on to outline the treatment in just as attractive and realistic a style (gamma benzene [Kwell] or A-200 pyrinat).

We suggest having a copy in your office among those books you use for education of patients, especially for those of you who see young people. And those connected with schools might want to consider using it more broadly. Your own children will adore you for giving it to them.

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A SURVEY OF HUMAN DISEASES—David T. Purtilo, MD, Department of Pathology, School of Medicine, University of Massachusetts. Addison-Wesley Publishing Company, Medical/Nursing Division, 2725 Sand Hill Road, Menlo Park, CA (94025), 1978. 453 pages, \$15.95.

How does one break down into neat, mutually exclusive categories the etiology, pathophysiology, pathology, diagnosis and treatment of the myriad diseases the human organism is heir to? Any breakdown must be arbitrary, and categories are bound to overlap. Consequently, criticism of any given breakdown is far simpler than coming up with a better alternative. In spite of the difficulty, however, there is a need for ". . . a textbook that surveys diseases and the pathophysiologic bases of diseases," which is the task Dr. Purtilo has set for himself. If he has not come up with the ideal solution to the impossible task of organizing a kaleidoscope in flux (I, for example, would have preferred juxtaposition of the two chapters that deal strictly with cells), he has, none the less, provided a logical, workable structure that allows complex subject matter to be presented in a clear, understandable way. Considering the vast area that falls under the title, *A Survey of Human Diseases*, the book strikes a remarkable balance between the too elementary and the too advanced. Aimed at an audience of nursing and allied health students, the presentation is straightforward and easy to follow without being condescending. In accomplishing this, the author presupposes some background in life science, while at the same time offering frequent explanations and definitions of concepts

and words that may be unfamiliar to his readers. If he errs, it is on the side of clarity, but this is far better than straining for pretentious academic "rigorousness."

A strong feature of the book is its format. Each chapter opens with a chapter outline and list of objectives. Since readers will come to the book with varying levels of preparation, they will be able to select quickly and easily from outline and objectives, those sections of the book which meet their individual needs.

The text that follows the objectives is divided into sections whose headings correspond to the chapter outlines. Each text opens with a brief introduction of one or two paragraphs, and closes with a short summary. Finally, a separate bibliography related to the specific chapter subject matter concludes each chapter.

One minor negative note perhaps needs mention. Occasionally in the objectives those ubiquitous vague words "to know" and "to understand" pop up. Possibly this is an attempt to escape from monotonous repetition of the more precise and measurable "to list, describe, compare, discuss, explain, name or state," but the cost of such variety is fuzziness.

In spite of this, and a few other even more minor quibbles, one is forced to admit that Dr. Purtilo has bitten off more than anyone can chew, and then has pretty thoroughly chewed it. His selection from the limitless array of human diseases is reasonable (he does not pretend to cover *every* disease, but then neither does the *Merck Manual*), his organization of the material is workable, and the writing is easy to follow, especially since it is aided by many clear drawings, photographs and photomicrographs.

Where such a survey of diseases can be squeezed into health curricula the book will serve as an excellent text. In those programs in which requirements have so pre-empted available academic units that there remains no room for such a survey, the book will be useful as additional reading for students, since its format makes it, to a large extent, self-instructional. Finally, it can serve as a valuable reference book for advanced students, providing them with an overview and refresher of areas outside the narrowing fields of their specializations.

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SYSTEMIC PATHOLOGY—Second Edition—Volume 3: ALIMENTARY SYSTEM—Edited by W. St C. Symmers, MD (Belfast), PhD (Birmingham), FRCP (London and Ireland), MRCP (Edinburgh), FRCPA, Professor of Histopathology in the University of London at Charing Cross Hospital Medical School; Honorary Consultant Pathologist, Charing Cross Hospital. Churchill Livingstone—Medical Division of Longman Inc., 19 West 44th St., New York City (10036), 1978. 465 pages, \$45.00.

Volume 3 of *Systemic Pathology*, edited by W. St C. Symmers, is purported to be an "authoritative" modern, comprehensive and well-illustrated account of pathology of diseases in man. This particular volume describes the diseases of the gastrointestinal tract, including mouth, accessory organs, teeth, oropharynx, stomach, esophagus, small intestine, large intestine, anal canal, appendix, peritoneum, liver, gallbladder, and bile ducts in the pancreas. The individual chapters are authored by nine different pathologists, alone or in combination. In spite of the diversity of authorship there is a significant uniformity to the text, to the style and to the presentations. In each particular segment the coverage is extensive and encyclopedic. The illustrations, in general, are of good quality, and represent both gross photographs and light micrographs of representative diseases. Unusual and rare